



Tiger Café



Monday March 18, 2019

- Breakfast Bistro** No School
- Garden Organic Side** No School
- Planet Wrap** No School
- Kitchen Table** No School
- Live Well** No School
- Tossed** No School

Café Service Hours

- Breakfast 7:30-8:00
- Morning Snack 9:20-9:30
- Lunch 11-11:50
- Afternoon Snack 1:20-1:30



Tuesday March 19, 2019

- Breakfast Bistro** Cage free Eggs, Applewood Smoked Bacon and Hash browns
- Garden Organic Side** Honey Glazed Baby Carrots
- Sandwich Favorite** Build Your Own Sandwich Bar
- St Patrick's Day** Irish Style Beef Stew with Red Potatoes, Chives and Garlic
- Live Well** Vegetable Shepherds Pie with Carrots, Turnips, Mushrooms Covered in Mashed Potatoes
- Tossed** All Natural Chicken Caesar Salad with Chopped Ratto Ranch Romain, Parmesan and Croutons.

Soup de Jour

Monday

No School

Tuesday

Parsnip Soup with Irish Soda Bread

Wednesday

Artichoke and Spring Onion Soup

Thursday

Chicken Noodle Soup

Friday

Tomato Basil Soup with Garlic Bread



Wednesday March 20, 2019

- Breakfast Bistro** Free Cage Scrambled Eggs with Canadian Bacon and Crispy Hash browns
- Garden Organic Side** Grilled Asparagus and Balsamic Glaze
- Sandwich Favorite** Soy Butter and Strawberry Jelly Sandwiches
- 1st Day of Spring** Grilled All Natural Chicken, Fresh Lemon, Basil and Herb Cous Cous
- LiveWell** Grilled Non-GMO Tofu with Fresh Lemon & Basil
- Tossed** Organic Spring Mix with Fresh Berries, Sunflower Seeds and Goat Cheese with Balsamic Vinaigrette
- Sweet Treats** Cupcakes

Café Promotions

Join us in the café for special March promotions!

Dessert is Served Every Wednesday

This week it's Cupcakes

Starting your day with a healthy breakfast is the best way to achieve greatness! We have a variety of breakfast options every morning, so come check us out!

Thursday March 21, 2019

- Breakfast Bistro** Breakfast Burrito; Applewood Smoked Bacon Cage Free Eggs, House Potatoes and Fresh Salsa
- Garden Organic Side** Organic Black Beans
- Sandwich Favorite** Build Your Own Sandwich Bar
- Kitchen Table** Grilled Chicken Tacos with Fresh Salsa, Sour Cream and Shredded Cheese
- LiveWell** Soyrizo Tacos with Fresh Salsa, Lime and Fresh Cilantro
- Tossed** Organic Fruit Salad with Fresh Berries

Friday March 22, 2019

- Breakfast Bistro** French Toast, Vanilla Whipped Cream, Maple Syrup and Breakfast Sausage Link
- Garden Organic Side** Summer Heirloom Baby Vegetable Medley (Veg, G, D, V)
- Planet Wrap** Caprese; Heirloom Tomatoes, Fresh Mozzarella and Basil Leaves on Focaccia Bread (Veg)
- Kitchen Table** Penne Pasta with Basil Marinara Sauce
- LiveWell** Lemon Garlic Cod with Organic Brown Rice
- Tossed** Pesto Pasta Salad with Sundried Tomatoes, Organic Spinach and Feta Cheese

Epicurean Group at Notre Dame

Menu Key

Executive Chef Leo Quintero
Leo.quintero@Epicurean-Group.com



EPICUREAN GROUP
fresh. honest. local.

- Free - Range
- Organic
- Grass - Fed
- Cage - Free

- Vegetarian
- Vegan
- Gluten Free

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